

dooable health™ Launches Innovative "dooable health™ for First Responders" in Chapel Hill, North Carolina

Our pioneering initiative offers wellbeing solutions for Police and Firefighters in our Community.

CHAPEL HILL, NORTH CAROLINA, UNITED STATES, April 10, 2024 /EINPresswire.com/ -- dooable health™, a leading provider of wellness solutions, is proud to announce the launch of its



We are excited to embark on this journey with dooable health™ to prioritize the well-being of our officers. The dooable health™ for First Responders program aligns perfectly with our commitment."

Chief Celisa J. Lehew, Chapel Hill Police Department

groundbreaking "dooable health™ for First Responders" program in collaboration with the Chapel Hill Police Department, led by Chief Celisa J. Lehew, and the Chapel Hill Fire Department under the command of Chief Jay Mebane. This groundbreaking initiative is aimed at fostering the well-being and resilience of dedicated First Responders, recognizing the unique challenges they face daily.

The dooable blue program is a tailor-made wellness initiative designed to support the physical and mental well-being of the dedicated officers and firefighters serving the Chapel Hill community. dooable health™ aims to empower

the Chapel Hill Police and Fire Departments with tools and resources for improved health. The program focuses on promoting physical health, and mental resilience, fostering a supportive community within the force.

Key Features of the dooable health™ for [First Responders Program](#):

Customized Wellness Platform: App-based tailored fitness, nutrition, lifestyle lessons, and a comprehensive library of resources to suit the individual needs and goals of the officers and firefighters.

Mindfulness and Stress Management: Guided mindfulness and stress-relief techniques to enhance mental resilience.

Community Engagement with "The Games": Participation in wellness challenges and events to foster camaraderie and teamwork among officers.

Wellness Coaching: Officers will have access to a dedicated, National Board-Certified Health Wellness Coach with private, confidential 1:1 unlimited sessions.

Chief Celisa J. Lehew, shared: "We are excited to embark on this journey with dooable health™ to prioritize the well-being of our officers. The dooable health™ for First Responders program aligns perfectly with our commitment to fostering a healthy and supportive environment within the Chapel Hill Police Department."

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